



Massage Mastery: From Student to Professional (LWW Massage Therapy and Bodywork Educational Series)

Anne Williams BFA

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This comprehensive introductory massage text is organized into 24 chapters that cover the key areas addressed in massage programs of 500 to 1200 hours in length. Topics inside the chapters are structured to allow for manageable reading assignments that build a student's sense of accomplishment and motivation. Written and designed for today's adult learner, the book offers a broad discussion of foundation massage with appropriate depth for a beginning student progressing to an entry-level professional. It also contains new topics that are necessary to prepare today's adult learners for successful massage careers. (Note: It does not cover anatomy and physiology, as A&P is best thoroughly covered in a separate textbook.) A helpful appendix on health care terminology, a comprehensive massage glossary, and a robust set of ancillary materials complete the package. The companion Study Guide contains topic-specific Rubrics, Learning Contracts, and a variety of exercises and activities for students.

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